

2025 NCC Food and Nutrient Database

181 Nutrients, Nutrient Ratios, and Other Food Components

Primary Energy Sources

Energy (kilocalories)
 Energy (kilojoules)
 Total Fat
 Total Carbohydrate
 Available Carbohydrate
 Total Protein
 Animal Protein
 Vegetable Protein
 Gluten
 Alcohol
 % Calories from Fat
 % Calories from Carbohydrate
 % Calories from Protein
 % Calories from Alcohol

Fat and Cholesterol

Cholesterol
 Solid Fats
 Total Saturated Fatty Acids (SFA)
 Total Monounsaturated Fatty Acids (MUFA)
 Total Polyunsaturated Fatty Acids (PUFA)
 Total Trans-Fatty Acids (TRANS)
 Total Conjugated Linoleic Acid (CLA 18:2)
 Omega-3 Fatty Acids
 Omega-6 Fatty Acids
 % Calories from SFA
 % Calories from MUFA
 % Calories from PUFA
 Polyunsaturated to Saturated Fat Ratio
 Cholesterol to Saturated Fatty Acid Index

Carbohydrates

Total Sugars
 Fructose
 Galactose
 Glucose
 Lactose
 Maltose
 Sucrose
 Starch
 Added Sugars (by Total Sugars)
 Added Sugars (by Available Carbohydrate)
 % Calories from Added Sugars (by Total Sugars)

Fiber

Total Dietary Fiber
 Soluble Dietary Fiber
 Insoluble Dietary Fiber
 Pectins

Vitamins

Total Vitamin A Activity (Retinol Equivalents)
 Total Vitamin A Activity (International Units)
 Total Vitamin A Activity (Retinol Activity Equivalents)
 Beta-Carotene Equivalents (derived from provitamin A carotenoids)
 Retinol
 Vitamin D (calciferol)
 Vitamin D2 (ergocalciferol)
 Vitamin D3 (cholecalciferol)
 Vitamin E (International Units)
 Vitamin E (Total Alpha-Tocopherol)
 Natural Alpha-Tocopherol (RRR-alpha-tocopherol or d- alpha-tocopherol)
 Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dl-alpha-tocopherol)
 Total Alpha-Tocopherol Equivalents
 Beta-Tocopherol
 Gamma-Tocopherol
 Delta-Tocopherol
 Vitamin K (phylloquinone)
 Vitamin C (ascorbic acid)
 Thiamin (vitamin B1)
 Riboflavin (vitamin B2)
 Niacin (vitamin B3)
 Niacin Equivalents
 Pantothenic Acid
 Vitamin B-6 (pyridoxine, pyridoxyl, & pyridoxamine)
 Total Folate
 Dietary Folate Equivalents
 Natural Folate (food folate)
 Synthetic Folate (folic acid)
 Vitamin B-12 (cobalamin)

Carotenoids

Beta-Carotene (provitamin A carotenoid)
 Alpha-Carotene (provitamin A carotenoid)
 Beta-Cryptoxanthin (provitamin A carotenoid)
 Lutein + Zeaxanthin
 Lycopene

Minerals

Calcium
 Phosphorus
 Magnesium
 Iron
 Heme Iron
 Non-heme Iron
 Zinc

Minerals, continued

Copper
Manganese
Selenium
Sodium
Potassium

Fatty Acids

SFA 4:0 (butyric acid)
SFA 6:0 (caproic acid)
SFA 8:0 (caprylic acid)
SFA 10:0 (capric acid)
SFA 12:0 (lauric acid)
SFA 14:0 (myristic acid)
SFA 16:0 (palmitic acid)
SFA 17:0 (margaric acid)
SFA 18:0 (stearic acid)
SFA 20:0 (arachidic acid)
SFA 22:0 (behenic acid)
MUFA 14:1 (myristoleic acid)
MUFA 16:1 (palmitoleic acid)
MUFA 18:1 (oleic acid)
MUFA 20:1 (gadoleic acid)
MUFA 22:1 (erucic acid)
PUFA 18:2 (linoleic acid, undifferentiated)
PUFA 18:2 n-6 (linoleic acid [LA])
PUFA 18:3 (linolenic acid, undifferentiated)
PUFA 18:3 n-3 (alpha-linolenic acid [ALA])
PUFA 18:3 n-6 (gamma-linolenic acid [GLA])
PUFA 18:4 (parinaric acid)
PUFA 20:4 (arachidonic acid, undifferentiated)
PUFA 20:4 n-6 (arachidonic acid [AA])
PUFA 20:5 n-3 (eicosapentaenoic acid [EPA])
PUFA 22:5 n-3 (docosapentaenoic acid [DPA])
PUFA 22:6 n-3 (docosahexaenoic acid [DHA])
TRANS 16:1 (trans-hexadecenoic acid)
TRANS 18:1 (trans-octadecenoic acid)
TRANS 18:2 (trans-octadecadienoic acid)
CLA cis-9, trans-11
CLA trans-10, cis-12

Amino Acids

Tryptophan
Threonine
Isoleucine
Leucine
Lysine
Methionine
Cystine
Phenylalanine
Tyrosine
Valine
Arginine
Histidine
Alanine
Aspartic Acid
Glutamic Acid
Glycine
Proline
Serine

Isoflavones and Similar

Daidzein
Genistein
Glycitein
Coumestrol
Biochanin A
Formononetin
Total Lignans
Secoisolariciresinol
Matairesinol
Lariciresinol
Pinoresinol

Sugar Alcohols (polyols)

Erythritol
Inositol
Isomalt
Lactitol
Maltitol
Mannitol
Pinitol
Sorbitol
Xylitol

Other Food Components

Acesulfame Potassium
Aspartame
Saccharin
Sucralose
Tagatose
Caffeine
Phytic Acid
Oxalic Acid
3-Methylhistidine
Sucrose polyester
Choline
Betaine
Glycemic Index (glucose reference)
Glycemic Index (bread reference)
Glycemic Load (glucose reference)
Glycemic Load (bread reference)
Nitrogen
Ash
Water
Total Grains (ounce equivalents)*
Whole Grains (ounce equivalents)*
Refined Grains (ounce equivalents)*

User Nutrients

User Nutrients 1-20**

Also Available:

NCC Flavonoid and Proanthocyanidin Provisional Table

*Included in NDSR.

Available for an additional fee when licensing the flat files.

** Only available in NDSR.